

NOAA DIVING PROGRAM BODY COMPOSITION SCREENING FORM

(MUST BE INCLUDED WITH ALL NOAA DIVING PHYSICALS)

NAME:	SOCIAL SECURITY #:	DATE:
Please take the following measurements:		Measurements
1. HEIGHT (IN STOCKING FEET)*:		
2. WEIGHT (IN LBS):		
3. NECK CIRCUMFERENCE*:		
4. ABDOMINAL CIRCUMFERENCE (MEN ONLY)*:		
5. NATURAL WAIST CIRCUMFERENCE (WOMEN ONLY)*:		
6. HIP CIRCUMFERENCE (WOMEN ONLY)*:		
% BODY FAT (Calculated by the NOAA Diving Center)		

Instructions: Complete applicable sections of this form as described below. Divers must submit this completed form along with their physical examination through their Unit Diving Supervisor to the NOAA Diving Center.

The reviewing physician or designee shall oversee body fat measurements. A standard, non-stretching (metal, cloth/fiberglass) tape measure shall be used. The tape should be applied to body landmarks with sufficient tension without indenting skin surface. ***Record measurements to the nearest one-half inch.** With the exception of the hip measurement for women, all measurements shall be taken on bare skin.

Neck circumference shall be measured just below the larynx (Adam's apple) and perpendicular to the long axis of the neck. The individual should look straight ahead with shoulders down (not hunched). Neck measurement shall be rounded up to the nearest one-half inch (example: round 16 1/4 to 16.5 inches).

Abdominal circumference shall be measured at the navel with tape parallel to the floor. Arms shall be at the sides. Measurement shall be taken at the end of a normal, relaxed exhalation. Measurements shall be rounded down to the nearest one-half inch (example: round 34 3/4 to 34.5 inches).

Waist circumference shall be measured at minimal abdominal circumference, about halfway between the navel and the lower end of the sternum (breast bone). When this site is not easily observed, several measurements may be taken to obtain the smallest value. The arms shall be at the sides and the tape shall be parallel to the floor. Measurements shall be recorded at the end of a normal relaxed exhalation. Waist measurements shall be rounded down and recorded to the nearest one-half inch.

Hip circumference shall be measured from the individual's right side over the greatest protrusion of buttocks. The tape shall be parallel to the floor. Sufficient tape tension must be applied to minimize the effect of clothing. Hip measurements shall be rounded down and recorded to the nearest one-half inch.

Physician or Designee Signature: _____ **Date:** _____